

BEAUTY BLOWOUT!

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fitness

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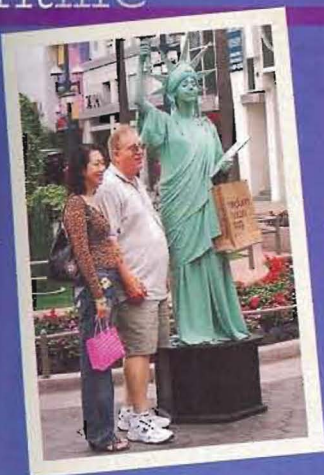
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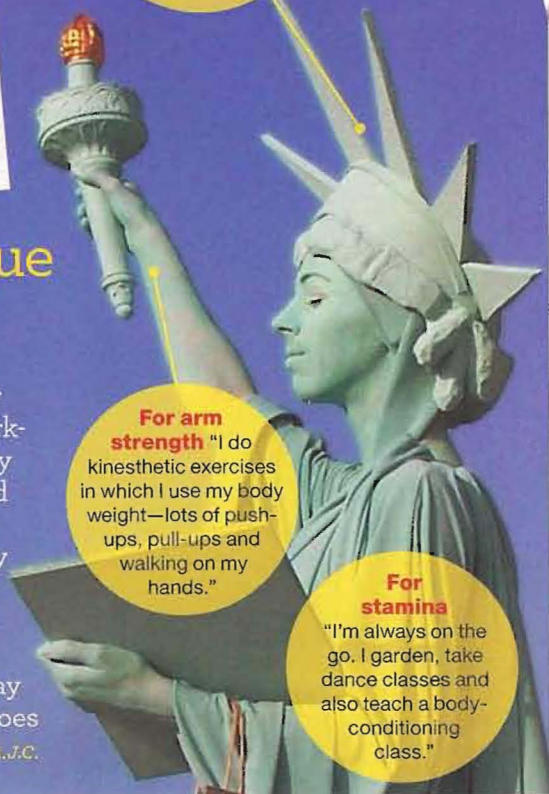




A Statuesque Figure

July is a busy month for 24-year-old Jessica Clark-Mitchell, who plays Lady Liberty at state fairs and sporting events across the country. It's not easy to hold a torch high in your right hand and a tablet in your left for a solid 45 minutes and stay perfectly still. So how does she prepare?

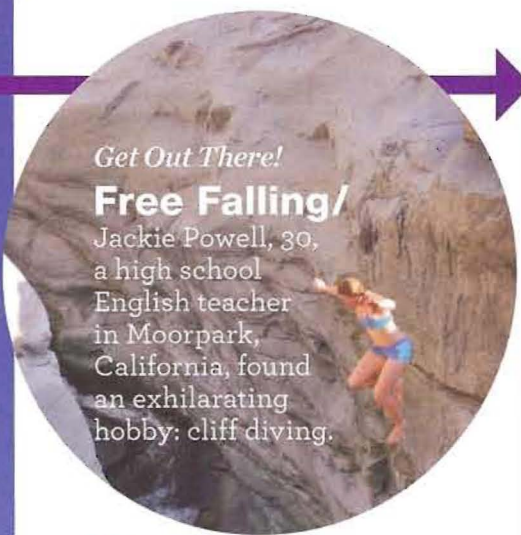
—A.J.C.



For mental focus "I do breathing exercises to stay calm, and I use my performance time to reflect or pray."

For arm strength "I do kinesthetic exercises in which I use my body weight—lots of push-ups, pull-ups and walking on my hands."

For stamina "I'm always on the go. I garden, take dance classes and also teach a body-conditioning class."



Get Out There!
Free Falling/
Jackie Powell, 30, a high school English teacher in Moorpark, California, found an exhilarating hobby: cliff diving.

Jumping-off point "A friend took me on a two-hour hike to a 20-foot cliff, and I did a somersault off of it. I loved the thrill of falling and the shock of the cold water. Now I'm hooked—I've gone 15 times since."

Natural high "I grew up in Alaska, and I'm really outdoorsy. I love anything that challenges my physical abilities and lets me enjoy nature."

On the horizon "I'd love to try skydiving, but I'm pregnant, so guess I'll have to wait!"

If you've tried a challenging activity lately, tell us about it at fitlife@fitnessmagazine.com.



Survival of the *Fit* Test

Sun Dry Swim Kelly Bikini

(\$80, solestrom.com)



The Claim: Water-repelling fabric makes this suit dry "in seconds."

The Bottom Line: "When I got out of the pool, the suit felt damp, so I was surprised when I wrung it out and no water escaped," says editorial assistant Rachel Sturtz. "With a little bit of sun, the bikini dried quickly—but in minutes, not seconds. Even so, I loved it—no wet butt marks on my cover-up!"

Fit Families

Make a Splash/ Take a break from the heat and cool off with your kids with these fun water toys and games.



In the pool **ESPN Spring Jam Volleyball** The net has inflatable weighted posts to keep it stable, no matter how action-packed the match (\$30 to \$40, swimways.com for stores).



At the beach **The Riebee Water Game** Toss the neoprene target into the surf, then skip or skim the discs across the water to earn points. When you're done, stash it in your beach bag (\$13, riebee.com).

In the backyard **The Super Soaker 50** The squirt-gun-on-steroids turns 20 this year; celebrate by challenging your family to a water fight (\$8 to \$20, hasbrotoyshop.com).

—Sarah D'Angelo